IN THE CLAIMS

Please amend Claims 1-12, to read as follows.

1.　　　　(Currently Amended) A liquid ejection head comprising:

a liquid flow path;

an ejection outlet-forming member, which comprises a part of a wall of said

liquid flow path and which forms an ejection outlet for ejecting a droplet of liquid, the

ejection outlet having a recessed portion recessed from a plane in which the ejection outlet

is formed;

a heat generating element, provided at a position opposed to the ejection outlet,

for generating a bubble in the liquid by application of heat to the liquid;

a restrictor portion ~~having an opening and~~ provided at the recessed portion of

the ejection outlet, wherein the liquid forms a meniscus and is retained in the ejection

outlet such that said restrictor portion is within the liquid,

wherein said restrictor portion has an opening and defines an entirety of a

closed periphery of the opening, and

wherein an area So of the opening of said restrictor portion and a surface area

Sh of said heat generating element satisfy the following inequality:

$$So \leq Sh.$$

2.　　　　(Currently Amended) A liquid ejection head comprising:

a liquid flow path;

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an ejection outlet-forming member, which comprises a part of a wall of said liquid flow path and which forms an ejection outlet for ejecting a droplet of liquid, the ejection outlet having a recessed portion recessed from a plane in which the ejection outlet is formed;

an energy generating element, provided at a position opposed to the ejection outlet, for generating ejection energy to be applied to the liquid;

a restrictor portion ~~having an opening and~~ provided at the recessed portion of the ejection outlet, wherein the liquid forms a meniscus and is retained in the ejection outlet such that said restrictor portion is within the liquid,

<u>wherein said restrictor portion has an opening and defines an entirety of a closed periphery of the opening, and</u> wherein a thickness c of said restrictor portion and a height e of said liquid flow path measured in a direction in which the ejection outlet and said energy generating element face each other[[,]] satisfy the following inequality:

$$c \leq e.$$

3. (Currently Amended) A liquid ejection head according to Claim [[2]] <u>12</u>, wherein said energy generating element is a heat generating element.

4. (Currently Amended) A liquid ejection head according to Claim 2, wherein an area So of the opening of said restrictor portion and a surface area Sh of said ~~heat~~ <u>energy</u> generating element satisfy the following inequality:

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$$So \leq Sh.$$

5.   (Currently Amended) A liquid ejection head comprising:

a liquid flow path;

an ejection outlet-forming member, which comprises a part of a wall of said liquid flow path and which forms an ejection outlet for ejecting a droplet of liquid, the ejection outlet having a recessed portion recessed from a plane in which the ejection outlet is formed;

an energy generating element, provided at a position opposed to the ejection outlet, for generating ejection energy to be applied to the liquid;

a restrictor portion ~~having an opening and~~ provided at the recessed portion of the ejection outlet, wherein the liquid forms a meniscus and is retained in the ejection outlet such that said restrictor portion is within the liquid,

<u>wherein said restrictor portion has an opening and defines an entirety of a closed periphery of the opening, and</u> wherein a thickness c of said restrictor portion and a thickness d of said ejection outlet-forming member, measured between a plane in which the ejection outlet is formed and a plane of said restrictor portion, satisfy the following inequality:

$$c \leq d.$$

6.   (Currently Amended) A liquid ejection head according to Claim ~~1, 2 or 5~~ 12, wherein said restrictor portion is disposed in a middle in a direction of a thickness of said ejection outlet-forming member.

7.   (Currently Amended) A liquid ejection head according to Claim ~~1, 2 or 5~~ 12, wherein a diameter of the opening of said restrictor portion changes along a direction of ejection of the liquid through the ejection outlet.

8.   (Currently Amended) A liquid ejection head according to Claim ~~1, 2 or 5~~ 12, wherein the opening of said restrictor portion includes a plurality of fine bores.

9.   (Currently Amended) A liquid ejection head according to Claim ~~1, 2 or 5~~ 12, wherein the liquid is a recording liquid usable for ink jet recording.

10.   (Currently Amended) A liquid ejection head according to Claim ~~1, 2 or 5~~ 12, wherein the liquid is a medicine to be inhaled into a lung.

11.   (Currently Amended) A liquid ejection head according to Claim 5, wherein an area So of the opening of said restrictor portion and a surface area Sh of said ~~heat~~ energy generating clement satisfy the following inequality:

$$So \leq Sh.$$

12.   (Currently Amended) A liquid ejection head according to Claim 5 or 11, wherein a height e of said liquid flow path, measured in a direction in which the ejection outlet and said energy generating element face each other, satisfies the following inequality:

$$c \leqq e.$$